



## Ergonomic Posture Seating

Approved by Occupational Therapists,  
Physiotherapists and Chiropractors

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FOR THE LIFE OF YOUR BACK

# Sitesse range

Designed to suit you

We've designed four standard models which will suit 95 per cent of users. However, we recognise there is no such thing as 'normal' so you can easily mix and match any of the Sitesse chair components to create your perfect fit.

Need help choosing?  
Try our anthropometric questionnaire:  
[www.iqworkspace.co.uk](http://www.iqworkspace.co.uk)



Sitesse is available in a huge choice of fabrics to suit your taste or corporate colour scheme. The unique design allows you to select different colours for the seat, headrest and both front and reverse of the backrest.

Series 100



B100 BACKREST  
S100 SEAT

Series 200



B200 BACKREST  
S300 SEAT

Series 300



B300 BACKREST  
S300 SEAT

Series 400



B400 BACKREST  
S400 SEAT

Choice of four backrests, upholstered both sides, curved to your body shape:

BACKREST	WIDTH MM	HEIGHT MM
B100	440	420-500
B200	450	530-600
B300	450	570-650
B400	450	680-730

Choice of three double curved seat sizes, all with 'waterfall' design front:

SEAT	WIDTH MM	DEPTH MM	HEIGHT MM
S100	480	440-490	450-580
S300	530	470-520	460-590
S400	570	520-570	490-630



**OPTION**  
**Inflatable thoracic support**  
Increases the contact area of the upper spine by filling the space between the shoulder blades helping to prevent slouching



**Height adjustable backrest**  
Easy to use ratchet system provides 5 height positions

**Fully upholstered backrest**  
Choose different fabrics for front, back and seat

**OPTION**  
**Adjustable neck support**  
Upholstered support with height and tilt adjustment



**OPTION**  
**Adjustable armrests**

- Height/Depth
- Height/Twist
- Height/Width/Depth

**Seat depth adjustment**  
Slide the seat forward to optimise comfort and reduce pressure on your legs

**Dynamic synchronised mechanism**  
Adjustable to your body weight

**Independent seat and backrest angle adjustment**  
Set the start point of the synchro mechanism



**OPTION**  
**Inflatable lumbar support**  
Increases the contact area of the lower back supporting the natural curvature of the spine

**OPTION**  
**Seat air technology**  
Linked aircells in the seat provide adjustment for seat firmness but also a dynamic lateral movement to help increase core stability



**OPTION Hard floor castors**  
The correct castors for your workspace floor enable smooth movement at your desk, carpet castors supplied as standard

**Choice of 5-star base**  
Choose between black or polished aluminium with scuff protectors

# Get the best from Sitesse

## Comprehensive adjustment



**Humans come in all shapes and sizes so an expertly designed ergonomic task chair needs to adapt to a user's bespoke requirements.**

The holistic design of Sitesse allows the user to modify and adjust almost every aspect of the chair; to suit their height, weight and body shape.

Optional enhancements like thoracic, lumbar and coccyx supports are designed to be finely adjusted and easily changed from day to day.



### Neck support adjustment

Hold neck support with both hands and pull up or push down to adjust height. Tilt to adjust to desired angle.



## Try before you buy

### ASK ABOUT OUR FREE SITESE TRIAL

Four standard models of Sitesse are available to try for 5 days in your workspace, on a sale or return basis. If you don't like it we'll collect it with no questions asked. Terms & Conditions apply.



### Backrest angle adjustment

Rotate the circular dial (back RHS) clockwise to reduce the backrest tilt angle or anticlockwise to increase the angle. Adjust to your preferred level to set the synchro start point.



### Backrest height adjustment

Hold the backrest firmly with both hands and lift gently. You will hear a series of clicks. Raise to the desired height one step at a time. At the highest point the ratchet is released and the backrest will return to the bottom.



### Thoracic / lumbar support

Squeeze the pump underneath the backrest to inflate to the desired size. To deflate depress the air release valve at top of pump. Over inflation may damage backrest foam/fabric.



### Seat air valve

Hold down button center front whilst not seated to allow air to fill cells and increase firmness. Hold down same button whilst seated to allow desired amount of air out.



### Seat depth adjustment

Push the end of the lever right hand side to release the seat and slide it to the desired position. The sprung mechanism will automatically return the seat back to minimum depth when the lever is pushed with no weight on the seat.



### Armrest adjustment

All armrests have a button under the armrest pad to adjust the position to your suited requirements.



### Body weight adjustment

Pull out the adjustment crank handle under seat (RHS). Rotate clockwise to increase the resistance of the tilt mechanism or anticlockwise to reduce resistance. Adjust chair to be in equilibrium to your own body weight.



### Seat height adjustment

Whilst seated locate the adjustment levers underneath the seat (RHS). Lift the inner paddle and the seat will lower. To raise the chair, lift the same lever whilst taking your weight off the seat.



### Synchro mech lever & stop

On the left side lift the paddle to enable seat to recline or tilt forward. Lower the paddle to lock the required position. Push in the round stop on the end of the paddle to limit the tilt to recline only. Pull out to allow full synchro range.



## Sitesse is just the beginning.

iQ Workspace create intelligent workspaces with innovative office furniture. Our team of industry professionals have over 30 years experience in the workspace, commercial furniture and space planning sectors, both dealer and manufacturer side.

We help you optimise your office space to enhance collaboration, encourage communication and boost productivity. Let us transform your workspace into something amazing.



**01603 670 701**

**[getintouch@iqworkspace.co.uk](mailto:getintouch@iqworkspace.co.uk)**

Manor Farm Barns, Fox Road, Framingham Pigot, Norwich, Norfolk, NR14 7PZ

iQ Workspace Ltd | Company No. 11508966 | VAT No. 301943627